

Template: Soil Health Checklist for Cannabis Cultivation

Generated: 1/10/2026

Based on Article: "Understanding Soil Health: Key to Successful Cannabis Growth"

Website: <https://theseedconnect.com>

A practical checklist to ensure optimal soil health for successful cannabis growth.

Checklist Items:

☐ 1. Assess Soil Texture

Perform a texture feel test by rubbing a moist soil sample between your fingers to determine if it is sandy, silty, or clayey. A loamy texture is ideal for cannabis cultivation.

Reference Section: Understanding Soil Health Basics

☐ 2. Conduct a Drainage Test

Water a cup of your soil sample and observe the drainage time. If it drains in less than 30 seconds, it's sandy; if it pools for more than 10 minutes, it's clay-heavy.

Reference Section: Understanding Soil Health Basics

☐ 3. Measure Soil pH

Use pH strips or a digital pH meter to test the soil's pH level in a 1:1 soil to water slurry. Ideal pH for cannabis is between 6.0 and 7.0.

Reference Section: Testing Your Soil: Quick Diagnostics

☐ 4. Check for Salts Using EC/TDS Meter

After a light watering, measure the leachate with an EC/TDS meter to assess salt buildup. This helps determine if nutrients are being leached or locked out.

Reference Section: Testing Your Soil: Quick Diagnostics

☐ 5. Evaluate Biological Activity

Look for signs of earthworms and healthy root fragments in your soil. Healthy soil should smell earthy rather than ammonia-like.

Reference Section: Testing Your Soil: Quick Diagnostics

☐ 6. Incorporate Organic Matter

Mix in compost, worm castings, or other organic materials to enhance water retention and nutrient availability, improving overall soil health.

Reference Section: Understanding Soil Health Basics

☐ 7. Perform a Jar Texture Test

Combine 1 cup of soil with water in a clear jar and shake. Let it settle for 24 hours to observe layers of sand, silt, and clay for texture analysis.

Reference Section: Testing Your Soil: Quick Diagnostics

☐ 8. Regular Monitoring and Recordkeeping

Keep a log of soil tests, amendments applied, and plant performance to track changes in soil health and make informed decisions.

Reference Section: Monitoring, Recordkeeping and Long-term Soil Health